

AMENDMENTS TO THE CLAIMS:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claims 1-16 (Canceled).

17. (New) An apparatus comprising two containers, wherein a liquid (5) is situated in one (4) of the containers, and the other container (3) contains a composition (2) for producing a satiation effect and for weight reduction, the other container (3) being constructed so that an opening of the container (3) can be brought above an opening of the container (4) containing the liquid, so that the composition (2) can be placed into the liquid.

18. (New) The apparatus as claimed in claim 17, wherein the composition includes at least one compound that is swellable and contains nutrients or active compounds or mixtures of nutrients and active compounds.

19. (New) The apparatus as claimed in claim 17, wherein the liquid is water, fruit juice, milk, coffee or a tea beverage.

20. (New) The apparatus as claimed in claim 18, wherein the swellable compound comprises anionic polymers.

21. (New) The apparatus as claimed in claim 20, wherein the anionic polymers present are polysaccharides.

22. (New) The apparatus as claimed in claim 17, wherein the composition comprises polyuronic acid-containing polysaccharides.

23. (New) The apparatus as claimed in claim 22, wherein the polyuronic acid-containing polymers are alginic acid or its derivatives or cellulose or its derivatives or mixtures of said compounds.

24. (New) The apparatus as claimed in claim 17, wherein the composition contains pectins, xanthan, tragacanth, chondroitin sulfate or mixtures of these compounds as polymers having a low degree of esterification present.

25. (New) The apparatus as claimed in claim 18, wherein the nutrients present are vitamins, amino acids, minerals or trace elements.

26. (New) The apparatus as claimed in claim 18, wherein the active compounds present are vitamins, trace elements or pharmaceutical active compounds.

27. (New) The apparatus as claimed in Claim 17, wherein the composition is present in powder form.

28. (New) The use of a composition for producing a satiation effect and for weight reduction, wherein the composition includes at least one compound that is swellable and contains nutrients or active compounds or mixtures of nutrients and active compounds, and wherein the composition is introduced into a liquid (5), wherein a beaker consisting of two containers (3) and (4) is employed, where the liquid (5) is situated in or filled into one container (4), and the other container (3) contains the composition (2), which composition is introduced into the liquid (5) by bringing the opening of the container containing the composition (2) over the opening of the container containing the liquid.

29. (New) The use as claimed in claim 28, wherein the liquid is water, fruit juice, milk, coffee or a tea beverage.

30. (New) The use as claimed in claim 28, wherein the swellable compound comprises anionic polymers.

31. (New) The use as claimed in claim 30, wherein the anionic polymers present are polysaccharides.

32. (New) The use as claimed in claim 28, wherein the composition comprises polyuronic acid-containing polysaccharides.

33. (New) The use as claimed in claim 32, wherein the polyuronic acid-containing polymers are alginic acid or its derivatives or cellulose or its derivatives or mixtures of said compounds.

34. (New) The use as claimed in claim 28, wherein the composition contains pectins, xanthan, tragacanth, chondroitin sulfate or mixtures of these compounds as polymers having a low degree of esterification present.

35. (New) The use as claimed in claim 28, wherein the nutrients present are vitamins, amino acids, minerals or trace elements.

36. (New) The use as claimed in claim 28, wherein the active compounds present are vitamins, trace elements or pharmaceutical active compounds.

37. (New) The use as claimed in Claim 28, wherein the composition is present in powder form.

38. (New) The use as claimed in Claim 28, for the delayed release of nutrients or active compounds or mixtures thereof.